

Banana Nut Muffins - Light, fluffy, gluten-free and dare I say moist and delicious!

Servings: 12 muffins | Prep Time: 5 min | Cook Time: 20 min

Ingredients

- 1 ½ cups 1:1 gluten-free flour
- 3 medium overripe bananas, mashed
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp pumpkin spice seasoning
- 1 egg, room temperature
- ½ cup coconut oil or grass-fed butter, melted
- ¼ cup maple syrup
- 2 Tbsp coconut milk or milk of choice
- ¼ - ½ cup coconut sugar (depending on your sweet level)
- 1 tsp vanilla extract
- ½ cup walnuts, chopped



Directions

1. Preheat the oven to 375 degrees F and line a muffin tin with muffin cups or spray tin with oil spray.
2. Mash the bananas with a fork or meat masher in a mixing bowl. Add all the wet ingredients (egg, oil, syrup, milk, vanilla) and coconut sugar to the mixing bowl and whisk together until combined.
3. In a separate bowl, add the dry ingredients (flour, baking soda and powder, salt, spices) and whisk together until combined. Add your dry ingredients into the wet ingredients and whisk together until batter is thick yet pourable. Add the chopped walnuts and fold in until combined.
4. Evenly divide the batter between 12 muffin cups. Sprinkle a little extra chopped nuts on top.
5. Bake the muffins for 20-22 minutes or until a toothpick comes out clean and they're lightly golden on top. Enjoy!

Notes

- Don't have overripe bananas? That's okay! Simply, preheat your oven to 400 degrees F, place your bananas on a baking sheet, and bake them for 5 minutes, until they're browned. That's it!